



Gluten Free Roux

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Servings: One sauce or soup recipe

Prep: 2 minutes

Cook: 10 minutes

Ingredients

- ½ cup gluten free flour blend
- 1 tablespoon corn starch
- ½ cup olive oil
- 4 cups water

Equipment

- Large heavy bottom pot
- Flat edged wooden spatula (not plastic!)
- Measuring spoons and cups

Method

- Heat a large dutch oven/stock pot over medium to medium-high on your cooktop. Make sure you have the four cups of water sitting close by.
- Pour olive oil in pan and let it heat up for about one minute.
- Add the gluten free flour blend and corn starch.
- Using a flat edged spatula (metal or wooden, not plastic!) stir flour into oil constantly until flour is balled. A burnt popcorn smell is common.
- The flour will relax into the oil and turn a little runny, and that is ok.
- Pause the stirring for about 20 seconds at a time and then stir again until the mixture browns to the color you desire (lighter for white sauces and darker for soups like [Gumbo.](#))
- Once the roux is the color you want, immediately add the water and whisk vigorously until the all the lumps are gone and the liquid has thickened to your liking. Remove from heat immediately or it will thicken further.
- Continue to make the soup or sauce per the original recipe from this point forward.

